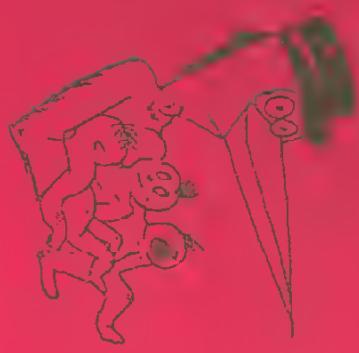


SPECIAL DELIVERY



THE HANDBOOK FOR PARENTS OF
TRIPLETS AND QUADRUPLETS

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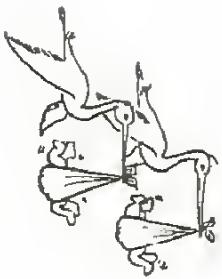
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TRIPLETS AND QUADRUPLETS ... Some Facts

In North America, triplets occur about once in every 3,000 deliveries. Quadruplets, once in every 700,000 deliveries. These figures change from year to year due to the fluctuations in the general birth rate and the use of fertility drugs. In terms of actual numbers, there is an average of 10-40 sets of triplets born in Canada each year and two sets of quadruplets. The numbers for both would be about ten times higher in the U.S.A.

Triplets and Quadruplets are not easily defined into "types". They may be 3 or 4 identical infants, a combination of identical twins with fraternal sibling(s) or 4 fraternal infants.



THE GOOD NEWS !!!

In the early months of your pregnancy, you may have been told to expect twins. Later, this was changed to triplets or quadruplets.

Triplets and Quads are more likely to arrive before the due date established when your pregnancy was first diagnosed. Your doctor will probably adjust this date when it becomes known that 3 or 4 babies are expected. Because of this tendency to early delivery and crowding in the uterus, your babies may be "small for date" or premature. Therefore, it is more likely that the babies will be in a special care nursery or remain in the hospital after you go home.

It is often necessary for a mother expecting triplets or quads to be put on bed rest or admitted to the hospital several weeks before the expected date of birth.

The news that triplets or quads are expected usually brings on feelings of shock and panic. Relax. Even though you will have to make adjustments in your planning, budget, and household, there are helpful resources in your community and through the National Parents/Mothers of Twins/Triplets Associations. The following sections represent the collection of ideas from many parents. There is also a reading list at the back of the booklet (Appendix A) for additional ideas.

PREPARATION...WHAT YOU WILL NEED...

Do not rush out to purchase all of the equipment and clothing listed. Use this section as a guideline and watch your newspapers for second hand equipment. Visit "New to You" shops, Garage Sales and your local Parents of Twins and Triplets Club for good used baby clothes, furniture, and strollers. Advise friends and relatives of appropriate gifts.

EQUIPMENT AND FURNITURE

TRIPLETS

3 wicker baskets, portacribs, single carriages or even one large playpen will do for the first few weeks. Eventually you will need three full size cribs.

3 infant seats/lounges

For bottle feedings: 18 of the 8 oz bottles and 4-4 oz bottles or 3 sets of the disposable nurser. Extra nipples and rings.

Breastfeeding: 3 - 4 good nursing bras, a manual breast pump and a few bottles to store milk in both the 8 oz and 4 oz sizes.

QUADS

Four individual units as described for triplets or two full size cribs for the first few weeks. Four full size cribs later.

4 infant seat/lounges

24 of the 8 oz bottles 6 of the 4 oz bottles or 4 sets of the disposable nursing sets.

The same as for triplets.

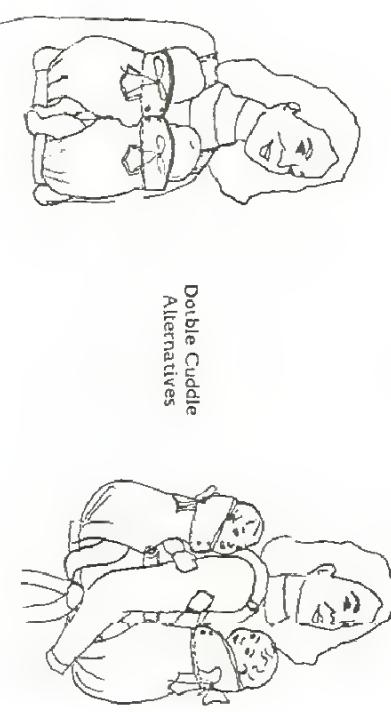
- A large baby bath tub and a tray to hold accessories.

- Two single baby carriers (Cuddle Carrier or Snugli) or one Double Cuddle and one single Cuddle. You will find these very helpful for fussy babies when you must do other tasks and they are a method for getting out with the babies which is much easier and more economical than combinations of carriages or strollers for the first 3 - 5 months.

TRIPLETS AND QUADS

- A large table for changing and/or bathing. A kitchen table padded with a folded blanket and covered in vinyl works well.
- A storage unit for diapers and clothing, either a large dresser or a shelving unit with plastic tubs.
- An easy chair or extra single bed for the nursery.
- One or two large plastic garbage pails with lids to serve as diaper pails.

Double Cuddle
Alternatives



DIAPERS AND CLOTHING

TRIPLETS

5 dozen diapers
(if using diaper service
start with 200 per week)

12 pairs plastic pants

18 sets stretch sleepers

18 undershirts

21 sets stretch sleepers
21 undershirts

8 fitted crib sheets

9 receiving blankets
6 heavier blankets

9 soaker pads
flannel or plastic
backed

3 large bath towels
several wash cloths
lots of bibs

3 bunting bags
for winter

4 large bath towels
saree
saree

4 bunting bags
for winter

SUGGESTIONS .. For equipment and clothing

- Use portable large wicker baskets for your babies in the early weeks. This allows you to move from room to room depending on feeding schedules or fussy babies.

- Use one crib for triplets or two cribs for quads by placing the babies sideways in the crib with rolled and tied blankets or rolled towels in a pillow case as a bumper between the babies.

QUADRUPLETs

6 dozen diapers
(if using diaper service
start with 200-225 per week)

16 pairs plastic pants

18 sets stretch sleepers

18 undershirts

8 fitted crib sheets

12 receiving blankets
8 heavier blankets

12 soaker pads
flannel or plastic
backed

3 large bath towels
several wash cloths
lots of bibs

3 bunting bags
for winter

4 large bath towels
saree
saree

4 bunting bags
for winter

- If room and finances allow for this, purchase a youth bed (the kind with a head and foot board plus a railing for one side). Place it up against your bed with the railing on the far side and lie the babies sideways with the bumper arrangement between them. This is especially useful for the mother who is breast-feeding as it allows nursing on demand during the night without leaving bed. Keep a supply of diapers close by along with a small diaper pail.
- Other mothers find that having the babies close by disturbs their sleep and for them, a separate nursery is more suitable.
- Try doll clothes for tiny babies as they fit better. (see Appendix B for special preemie clothing.) The infant nightgown will be less overwhelming than the stretch sleeper. Cut diapers in half for the first few weeks or use Pamper's for preemies. (Appendix B).
- Double sheet the cribs by using soaker pads between the sheets. This allows for a quick change without fumbling in the middle of the night or in the midst of a busy time. Use diapers or receiving blankets across the crib under the babies' head. This can be removed and changed if slightly soiled without redoing the whole crib.
- Make sure the sleepers you buy open with snaps all the way down the legs, not just to the crotch.
- Use diaper liners that can be disposed of if heavily soiled to save time with the laundry. Inexpensive kitchen wipes (J-clorox) cut into four are cheaper than commercial diaper liners but must not be flushed.

- Use a wind up swing or an infant lounge that rocks to soothe a baby waiting to be fed.
- Purchase the NUK orthodontic soother (pacifier). This is the closest to natural sucking and is all in one piece.
- Try the manual breast pump recommended called the Lloyd B pump or use the Evenflo system. Older styles with the rubber bulb cannot be sterilized completely and therefore is not a good buy if you are pumping your breasts often.
- Code your baby bottles by buying different styles or colours or develop a code system such as A, B, C, D and paint this on the bottles with nail polish. Use this code for charts, clothing, and toys as well. Coding will help you keep track of the amount each baby takes at a feeding or keep the bottles separated if the babies are on different formulas.
- Start thinking SAFETY as you make your purchases. Watch for end projections on old cribs and slats that are more than 2 3/8 inches apart (3 adult fingers). Check all the hardware on the cribs and the side bar release mechanism (can it be tripped by a baby leaning on it). Playpens should be made of closely woven mesh, NEVER leave a baby or babies in a playpen of this type with the collapsing side down. This forms a hammock that can trap and smother a baby. Use only approved safety car seats. Make sure all mobiles and crib toys have no strings or small parts that can be removed or swallowed. Begin using infant harnesses when the babies start to sit in high chairs and strollers.

ADDITIONAL ADJUSTMENTS

In addition to acquiring the clothing, bedding and furniture for your babies, you may have other adjustments to make.

- The largest bedroom, particularly if it has a bathroom attached will make the ideal nursery. Two separate bedrooms may be better with quads, to arrange the babies according to their sleeping and feeding patterns.
- You will need 3 or 4 approved car seats (GMC loveseat, Kantwett, Cosco-Peterson safety shield seat). These may not fit into your present car. If you do have to make a change, consider buying a van with a side panel opening. This will be beneficial later when you are transporting a stroller as well. Try to rent your car seats from a community service organization that runs a "Buckle Up Baby" program. (in Canada, the Jaycees)
- Put away any clothing that requires ironing or other special care and streamline your other household tasks as well. It is wise to talk over how the household duties will be arranged before you come home with 3 or 4 babies. Set your priorities and do only that which bothers you the most, such as making the beds or tidying the living room. Don't try and do it all. Do only what is needed for your peace of mind. Discuss with your husband what part of the housework you each can do or share as a TEAM. He may love to cook, but hate to vacuum. Work out compromises that will prevent latter resentments.

CHOOSING NAMES

Choosing names for three or four babies in both sexes is a major undertaking. Here are some things to consider.

- Multiple birth children, particularly identicals, often have problems when people identify them incorrectly. Choose names with different sounds not names that rhyme. Use Sandra, Karen, Michele, etc. rather than Mindy, Cindy, Lindy, etc.
- Because of computers it is increasingly necessary to differentiate initials. Your children will have problems later if there are four J. Smiths in your family, particularly if some are boys and some are girls.

GETTING HELPERS

It is a good idea to have regular in-home help with triplets and it is almost essential with quads. This is especially true for the first 6 to 8 weeks or if you are breast-feeding. This can take various forms, depending on your budget, your health after the birth and the health of your babies.

SUGGESTIONS

- Discuss this topic with your doctor or nurse to arrive at some possibilities ahead of time. Some agencies will provide low cost helpers on a doctor's order before the babies are born if bed rest at home is prescribed.
- Consult with the patient care coordinator or hospital social worker about provider agencies in your community if you feel you will need help after the babies are born.

- Most Canadian cities have a Homemaker Service operated by the Red Cross, Catholic Family Services or a Community Service Agency. An experienced woman will come into your home for set periods of time to help with the babies or housework or to provide relief so that you can sleep or get out for a few hours. Payment is usually on a sliding scale on a per hour or per day basis. Check both you and your husband's health insurance policy. Many provide for post partum home care and if there is a health problem, for a nursing service for a period of two to six weeks. There also may be a provision for paternity leave where your husband works.
- Advertise for a live-in nanny in your local newspapers or contact Canadian Manpower and Immigration for advice on hiring someone from overseas.
- Contact your local Parents of Twins/Triplets Club for suggestions on local agency help. Also, the mothers in this group may be willing to come as helpers because they know what it's like to care for more than one baby.
- Have a friend or relative come for a period of time.
- Hire daily or weekly housekeepers, if maintaining a spotless home is a priority for you.
- Hire highschool students to come to your home and help during the "panic hours" from 4 p.m. to 6 p.m. In some cases that may be all the help you require.
- Decide what your needs are in terms of occasional help. When people ask, be specific. For instance, you may want help with the noon feeding, help fold laundry, or you might appreciate someone bringing a casserole for one night each week. Since it is

- difficult to call someone for help, keep a list of jobs by the telephone. When friends call and offer some time you can tell them exactly what's needed at that time. In the summer months, teenagers are excellent mother's helpers.
- Don't become a hostess when company drops in, who then will be flustered for the rest of the day. There are always little tasks that you can do while enjoying a visit. Friends do not mind a baby or a laundry basket handed to them.

FINANCIAL HELP

In the Province of Quebec a monetary "gift" is given to parents of triplets or quads when they take the babies home from the hospital. Unfortunately there is very little financial help available in the rest of Canada and the U.S.A. However, there are means for temporary financial assistance from local or provincial/state social service agencies. Look into these sources for help with the initial burden.

- Don't become a hostess when company drops in, who then will be flustered for the rest of the day. There are always little tasks that you can do while enjoying a visit. Friends do not mind a baby or a laundry basket handed to them.
- Collect cents off coupons for baby items from friends and relatives.
- Seek second hand equipment or loans of equipment from friends or the local Parents of Twins/Triplets group. They can help you acquire furniture and clothing from their members.
- Ask local merchants for bulk discounts on formula, diapers and so on.

- Photocopy your birth announcement or any publicity you receive and send it with a covering letter to manufacturers of formula, disposable diapers, etc. Ask them for whatever help they can provide. This will often bring a positive response in coupons or free samples or occasionally a case of diapers or formula. It is the policy of some drug companies to send some free formula only if asked. Your local pharmacist can provide addresses or will approach the company "salesman" for you.
- Don't avoid a little publicity. This could bring offers of help and put you in touch with other families with triplets or quads in your area.
- Check your health or drug insurance plan to see if it covers the cost of formula if it is by written prescription from your doctor. Your doctor may also write prescriptions for vitamins or other necessary "over the counter" drugs.
- Become a member of the Parents of Twins/Triplets Club. This often means discounts at local merchants when your membership card is shown.
- Please, do not "suffer in silence". If you need help either with the physical work load or the financial burden, ask for it, insist on getting it. Having three or four babies to care for is an unusual situation. Give yourself a break where you can.

MANAGING THE DAILY ROUTINES

In the early months with your triplets or quads, the majority of your day will be spent in feeding, changing and laundering for babies. You will find your own short cuts according to your own instincts. The following ideas originate from mothers of triplets and quads.

BREAST-FEEDING

At some point in your pregnancy you will be asked about breast-feeding, or you should ask your doctor if this is your preference. Yes, it is possible to breast-feed triplets and quads to lesser degree.

The essential point to remember is that your milk supply depends on a simple rule...the more demand that is made upon it, the more milk is produced. Demand increases supply. Along with this factor you need a positive attitude, and the cooperation of your doctors and your husband, and some form of in-home help. Building the milk supply for 3 or 4 babies requires time and patience. You will be feeding on demand, 8 to 10 times a day for a period of 30 to 40 minutes for each feeding time. You will need to eat regular nutritious meals and drink 12 or more full glasses of liquid each day. If your babies are premature you can pump your milk for them until breast-feeding is possible. There is an excellent book on this subject (see Appendix A).

SUGGESTIONS

- Contact your Parents of Twins/Triplets Club or the local chapter of La Lache League International for advice from experienced mothers.



MANAGING THE DAILY ROUTINES

- Do not allow relatives or friends to discourage you. Breast milk has many advantages for your babies. If you can arrange your time and household help to allow you to breast-feed try to maintain nursing for at least 3 months.

- In general, mothers of triplets and quads use a system that combines breast-feeding with bottle feeding with formula. Always breast-feed first, either for each individual baby or using the simultaneous positions (the two most common are shown below). Nurse two babies for ten minutes and then complete the feeding with a bottle and formula or if possible with a bottle and breast milk from a human milk bank. For triplets, the third baby should have 5 minutes on each breast and then complete the feeding with a bottle. The actual time for breast-feeding will depend on your milk supply. For quads, you can use the simultaneous position again for ten minutes while your helper is completing the feeding for the first two babies.

BOTTLE FEEDING

In the beginning it is difficult to determine how much formula each baby will take at a feeding. Therefore it is a good idea to make up the formula and store it in the refrigerator in a container that is sterilized (large juice jars). Have your bottles sterilized and stored on a cookie sheet. Cover with a clean towel. Now you can make up the bottles just before feeding time. This will prevent waste.

When you are more sure of the amount of formula the babies will require, mix the sterile water (boiled in a kettle) and the formula concentrate in the bottles in the correct proportions. Store the made up bottles on a cookie sheet on the top shelf of your refrigerator.

SUGGESTIONS

- Use the cans of "ready to feed" formula if you can afford it.
- Sterilize your bottles in a large roasting pan with 4 inches of water and place it on two burners of your stove. Caps, rings, and ripples will last longer if they are sterilized in a vegetable steamer placed in a small pot with about 2 inches of water. This way they do not actually sit in water.
- Bring the water to a rolling boil and then shut off the heat and cover the roaster or pot for about 15 minutes. Remove the bottles or nipples with kitchen tongs on to a cookie sheet and proceed to fill them or store them. The sterilizing and making of formula can be done every second day.
- Code your bottles with A, B, C, D, if the babies are using different formulas or different concentrations of formula or some of the babies require added medications. Tape a chart on your refrigerator stating the code and the babies name.

• Do not try to demand bottle feed 3 or 4 babies. Set a schedule and stick to it. This may be every 3 hours for the first 6 weeks or more.

• Do feed all the babies at one feeding time. This is done by waking and feeding them one at a time or arranging pillows etc. to allow you to feed them all at once.

• Be aware that the babies will start to sleep longer between feedings by approximately 6 weeks old and adjust your schedule accordingly. The exception to this will be day at about 6 weeks, 3 months and 6 months when growth spurts mean constant feedings. This usually only lasts for about 48 hours. You must also take into account any prematurity and adjust their age. Thus six weeks may actually be 11 to 12 weeks after their birth.

• Sit on a bed or sofa when you do feed all the babies at one time. Prop one baby against each thigh with the third baby lying against a pillow between your legs. Prop the bottles with small rolled towels to leave your hands free to attend to the babies. With quadis, prop the babies in a row on pillows. You can also use the infant seats and sit in front of the babies to watch them. NEVER leave babies alone with propped bottles.

• Use a Swing-O-Matic or an infant seat that rocks to soothe a baby or babies waiting to be fed, if you prefer to hold each baby.

SOLID FOODS

By the time solid foods are introduced into the diet you will most likely have a "feel" for the feeding habits of the babies. Consult your doctor about the time to begin solid foods. When you do start, use one bowl and one spoon unless a baby is ill or you have to use special foods for one or more babies. Baby food manufacturers have corrected salt and sugar levels and thus the making of your own food with a blender will be for economical reasons.

SUGGESTIONS

- Make your own baby foods with a blender or food processor if you prefer. Manufacturers of baby foods have decreased salt and sugar levels but the water content is still high. You can add a little extra to what you are cooking for your family or have a baby food cooking session one day a week. Blend the vegetables and meats with water, milk or gravy to the correct consistency, then freeze this in ice cube trays. Remove the cubes to small plastic bags labeled with the contents. Blend fruits separately. Fruit can be fresh or water packed canned fruit.
- Always remove the amount of baby food required from jars into a bowl because the saliva on the spoon will break down the food and it cannot be stored to use again.
- Start harnessing the babies into the high chairs as soon as you start using them. It may also help to sit the babies back to back right from the beginning. This will prevent one baby who is playing with his food from encouraging the others to do so.
- Avoid "spoon fears". Begin offering a little milk or juice from a spoon as early as 3 months old. Also begin offering all liquids from a cup by 6 months old.

BATHING

- If only juice and water are given in a cup and milk always in a bottle, some children refuse milk out of the cup when weaning time comes.
- Bring your older children into the room where you are feeding and keep them with you by closing the door or using a gate. Provide a snack or special toys. They can help you with the feeding.

SUGGESTIONS

You do not have to give each baby a full bath every day unless it is extremely hot or it is necessary because of an illness. Neither do you have to try to bathe all the babies at one time during the day. Choose a time when your energy level is high and you have someone to help. Make sure you have all the clothes, diaper, bath supplies and a warmed bottle ready before you start. If you have older children bring them into the room with you and close the door or use a gate to keep them there. They can help.

- Cut a 1 inch thick foam pad to fit your bath tub and fill the tub with water to about 1 inch over the foam. You can now bathe two babies at once. When you are done, pull the plug and when the water is gone, remove one baby on to towels on the floor. Put a towel over the baby still lying on the foam to prevent a chill. Secure the dried and dressed baby into an infant seat before you dress the second one.
- Put a skid mat in the bath tub, place the babies into their infant seats and secure the straps. Fill the tub with water to reach their bottoms. Proceed to bathe them all. They will enjoy the kicking and splashing. This method is a lot of fun but very messy. You could begin this by about three months old.

- There is a new item on the market that aids in the bathing of multiples who are old enough to sit on their own.



LAUNDRY TIPS

- Soak diapers in the diaper pail with baking soda. (½ a cup for a two-gallon pail) or bleach (1 cup per two gallon pail).
- Rather than squeeze out diapers, have your husband carry the pail to the washing machine. Spin the dirty water out on the prewash cycle. Then wash the diapers with hot water and soap.
- If your laundry room is on the main floor, load the rinsed out dirty diapers directly into your washing machine during the day. Then wash the diapers every evening with hot water and soap.
- Fold diapers into the shape required as they come out of the drier and store them in the laundry basket under a crib.
- Use diaper liners to avoid heavy staining.
- Use a stain spray for both diapers and any milk stained clothing.

THE CARE CHART

This is an easy way to keep track of the daily details of caring for 3 or 4 babies and provides a lasting record of events in each baby's life. Adapt this chart for breast-feeding details such as recording the time spent nursing, the number of wet diapers and how much supplement was given. Draw up a chart as illustrated below and have a number of them reproduced at a photocopy shop. Attach a clip board with charts on it to each crib. Notes can be made as each baby is settled.

VISITORS

Many people will be interested in your babies and you could be faced with a constant stream of visitors. This can upset your routine and destroy your privacy. Post a sign on your door (add a photograph as this can be very effective):

"MOTHER AND BABIES RESTING"

Call again at 4 p.m.

Also unplug your phone when you have a chance to relax.

KEEPING RECORDS

Use a diary or appointment style calendar to record the growth and development of your babies. Use a baby book with pockets to store birth certificates, baptismal certificates and immunization records. Take lots of pictures. Be sure to take pictures of each baby, not always the group. Keep aside pictures of each stage of their growth in a brown envelope. Later, when you have time, set up a picture album for each child. When they grow up you can give them their baby book and a photo album all their own.

CUTTINGS AND TRAVEL

You cannot and must not remain housebound until your triplets or quadruplets are walking. You will need to get out by yourself, and you and your husband will need time alone without the babies, and you will want to get out without the babies.

GONG OUT

- Check all your community resources for babysitters. Try the Red Cross babysitting classes, girl guide leaders, Hi-5-A-Student Office and community parenting resource agencies for reliable teenagers. Some boys are good babysitters too. INSIST on references. Have the sitter(s) come ahead of time to learn the routines for feeding. Most mothers recommend at least two sitters each time.

- See if friends or neighbours can care for one or two babies for an evening rather than trying to find one person for all of them.
- Go out with your husband at least once a week even if it is only for a drive.
- Take a half hour for yourself in the evening when your husband can babysit, or early morning if a neighbour is available, and go for a walk or jog by yourself. On the weekend, plan for an hour out for some shopping or church.

GETTING THE BABIES OUT

- Use one or two single carriages, at first with the babies lying side by side or the infant seats at the top and bottom of the carriage with the top down.

- Try the Cuddle Carrier and Double Cuddle to take the babies for a walk or shopping in the first five months.
- Start looking for a stroller or combination of strollers once the triplets or quads are about 5 months old.
- PLEASE, do not modify single or twin strollers unless you contact the manufacturer and show them your plans before you start. They will know if your plan will put too much stress on the parts or disturb the center of balance. Strollers can be very dangerous if they are modified without care because they may tip over or collapse when making a turn or going over bumpy areas like curbs. If you cannot get access to the manufacturer, consult a design engineer locally.
- Use two umbrella style strollers clamped together plus a single for triplets or two sets of umbrella style strollers for quads. Make sure the strollers to be clamped together are of the same design from the same manufacturer. NEVER clamp strollers that have swivel wheels. (see Appendix 6 for clamp information) You could also use a twin stroller plus a single or two twin strollers. Contact the juvenile furniture department of the local department stores for prices and the availability of all styles.
- Pereg makes the only triplet stroller readily available. All the babies face in one direction and thus it is only about as wide as a single stroller. The 1983 cost for this ranges from \$350.00 - \$500.00 in Canada. Your local Parents of Twins/Triplets Club may be able to help you locate a second hand one from their members or a Club close by.
- Try using a wagon when the babies can sit by themselves. Use only a wooden wagon with side rails. In the winter attach a homemade wooden box on to a toboggan. Always use the infant harness to secure the babies into the wagon or toboggan box.

- The Pereg Triplet Stroller can be modified so it easily attaches to an adult bicycle. This requires the insertion of cotter pins into all of the wheels, and reversal of the handle which is then secured with cotter pins. This attaches to a hitch modified from a child's bicycle seat. For details contact the Parents of Triplets Council, POMB.
- Contact local bike shops for bike trailers designed for children. Two can ride in the trailer with a third in a bike carrier seat. These are not recommended for children under 1 year old.

TRAVELLING

- Start to use the approved infant car seats immediately. Car beds are dangerous. If you must use them, harness each one to the car with seat belts and restrain the babies into the car bed. Do not use car beds beyond three months old.
- Travel short distances only each day and stop to feed the babies, when you need to travel long distances in the car.
- Consult a travel agent about the best way to travel other than by car. If you travel by air, you will need one adult per child under 2 years old and you cannot share a seat because of oxygen mask regulations. ALWAYS tell your travel agent that you have triplets or quads. You cannot solicit a stranger to hold a baby once you are inside the departure gate area. These arrangements must be made ahead of time. Airline regulations will also not allow flight attendants to hold a child for take-off and landing.
- Colour code your babies clothing when you are traveling or on outings. This will help you keep track of them. This is especially important with identical toddlers.

THE FAMILY WITH TRIPLETS OR QUADS

YOUR EMOTIONS

Aside from the daily physical routines, you will experience many emotions and stresses as you adapt to caring for 3 or 4 infants. The hardest thing to cope with is the lack of sleep; the less you get, the more tense you become and the harder it is to relax when you do have time. NEVER work when a helper is there to relieve you...sleep. Don't neglect proper eating. Fatigue will be worse if you do not keep fueling your body. Get outside and exercise at least once a day. This also makes fatigue more bearable. It is upsetting to feel constantly disorganized and up to your ears in clutter. Keep one room tidy and retreat to that room for peaceful moments. The fact that you cannot hold and attend to each baby as you would a single child can be frustrating and lead to tears when all 3 or 4 are crying at once. Accept the fact that you cannot be with each child as an individual all the time. Some mothers find that bath time is the best time to spend alone with each baby. Arrange it so that you bathe one baby alone in a room while helpers care for the others. This way you can satisfy your need to relate to one child at a time.

Post partum depression; that feeling of helplessness, lethargy and tearfulness for no reason, is common with mothers of a multiple birth. If this goes on for a length of time, consult your doctor.

YOUR MARRIAGE

If these are your first children, your marriage may receive a real jolt. A multiple pregnancy can mean an interruption in sexual relations for some time and now you are too tired or too tense for prolonged intimacy. This is your opportunity to be creative. Take whatever moments you can for intimacy. The important thing is to maintain the loving relationship you have. You are at home with 1 or 4 babies, making decisions, and working hard all day.

It is easy to feel resentment towards your husband who seems to go merrily off into the world each morning away from all this. However, remember he too is getting less sleep, must worry about the financial situation and is probably worried about you. Communicate your feelings and work out ways to share the burdens. Don't let resentments build in silence until they reach explosive proportions.

YOUR OTHER CHILDREN

If you have one or more older children, you will be feeling guilty about the lack of time with them or having to curtail their activities. You cannot be a 'super-mom'...don't even try.

- Plan your day to allow some intensive time with each older child. That may be a story or talk at bedtime or a quiet breakfast with him while the babies are napping.
- Have your husband babysit the babies in the evening and go for a walk with your child so that he has your undivided attention.
- Don't let people shut him out. Introduce him first and let him introduce the babies and tell people about them.
- Involve him in baby care for as long as he is interested. Usually they find out how boring this can be and are content with other activities once the novelty wears off. The older child can have specific tasks in the household and baby routine that help you and make them feel a part of 'the team'.

THE FATHER OF TRIPLETS OR QUADS



You are a crucial member of the baby care team. There are several areas where you can help your wife and have the added bonus of a close relationship with your babies.

- Take over the heavy household tasks on weekends. Then ignore the chaos and clutter that collects during the week.
- Watch for times when your wife's energy level goes down. This is usually evident from 4 p.m. to 8 p.m. and you can help with the cooking or cleanup or take "baby duty" if two cooks is one too many.
- Babysit for short periods in the evenings and weekends so that your wife can get out alone. Encourage her to join the local Parents/father of Twins and Triplets Club and participate with her at least on social occasions. You will find plenty of shared laughter and groans with other fathers.

- Try bathing the babies and making up the formula, if feeding, changing and laundry aren't appealing to you. However, do share the night feedings. This can be a wonderful time for sharing thoughts and small talk, and the feeding goes faster. In addition you both get more sleep.
- Let your wife sleep in one day of the weekend. If you get up early, change and feed the babies and settle them again and then bring your wife a cup of coffee (the odds are that this will be an ideal time for some of the creative intimacy).

AS THE BABIES GROW UP

Your triplets or quads are individual and unique beings. You will relish the discovery of differences in their abilities and personalities. From birth, begin thinking of them as individuals and encourage others to do so as well. If they are identical or very much alike in appearance, you may wish to use definite colours for clothing. Let everyone know about this decision so that gifts can also be in those colours. Always use their names when you are talking to or about them. Do not refer to them as "the triplets", or "the quads". Don't expect them to develop at the same rate, maintain equal sizes, or like the same foods or activities. Try very hard not to compare them, particularly when they get old enough to understand what you are saying. Take individual pictures and keep individual diaries or baby books. At the same time, cherish the bond that will develop among them as multiple birth children. To encourage individuality you do not have to deny their "triplehood".

Before you know it, your babies will be crawling, then walking and talking and the days of diapers and bottles will be behind you. Ahead are the rigors of toilet training, preschool activities, and then the school years. Each stage has its problems for triplets or quads and their parents. It will require another booklet to discuss all the situations and hints for those years. There are several good books available and although the titles are directed to twins, many of them have chapters on triplets and quads, of the twin information can be applied to triplets or quads. Some of these books are:

Development and Behaviour ~ Multiple Births

The Psychology of Twins
Herbert L. Collier Ph.D. rev. 1974

Gemini
The Psychology & Phenomena of Twins

J. Kizziar & J. Hagedoorn
reissued 1983

Twins and You
A guide for Parents & Teachers
Anne Corrigan
(Australia) 1983

Twins! The Toddler Years (Booklet)
POMBA 1981



APPENDIX A

I. READING AND REFERENCE FOR PARENTS OF TRIPLETS & QUADS

Breast-feeding Twins, Triplets, Quadruplets

195 Practical Hints for Success, Keith, McInnes, Keith 1982

The Care of Twin Children, A Common Sense Guide for Parents

Rosemary Theroux, Josephine Tingley, 1978 (2nd edition 1983)
(chapters on triplet care)

A Full House - Triplets

Fernie Ziner, reissued 1983
(a personal story)

Livraison Spéciale³

POMBA 1980

(triplet care hints in French-booklet)

Triplet Survey

Rosemary Theroux 1983

(typed sheets of parent responses)

Toilet Training with Love

(singles, twins, triplets)

Lucille Jodoin, 1983 - booklet

APPENDIX A (continued)

2. REFERAL ORGANIZATIONS FOR PARENTS OF TRIPLETS & QUADS

CANADA:

Parents of Triplets Council (POMBA)
Olga Laughton, 382 Hawthorne Cr., Wilton, Ont.
L9T 4N8

Coping with Quads
POMBA 1981
(typed sheets on early management)

Super Twins

(triplets, quads, quints)

Twins Clubs Association - Great Britain
1982 - booklet

The Triplets

(Book for Children)

B. Seuling 1980

U.S.A.:

National Organization of Mothers of Twins Clubs
(NOMOTC)
5402 Amberwood Lane, Rockville, Md. 20853

Helen Kirk Super twin Register
c/o Center for the Study of Multiple Births
Suite 463-5, 333 E. Superior St., Chicago, Ill. 60611

AUSTRALIA:

Super Twins Advisor
c/o Australian Multiple Birth Study Centre
P.O. Box 105, Coore 2031, NSW, Australia

NEW ZEALAND:

Mothers of Triplets Club
c/o NZ Multiple Birth Association
P.O. Box 1258, Wellington, New Zealand

GREAT BRITAIN: Super Twins Club

Kathy Topping, 16 St. Lawrence Blvd.,
Racliffe - On - Trent,
Nottingham, England

U.S.A.:

Center for the Study of Multiple Birth
Suite 463 - 5
333 East Superior Street
Chicago, Illinois
60611

Price and ordering information on all listed books may be obtained from:

J. NEWSLETTERS FOR PARENTS OF MULTIPLE BIRTHS

APPENDIX B

<u>BOOKS</u>	See Appendix A	
PONBA... DOUBLE FEATURE...quarterly from PONBA Business Office (front Cover) (see above address)	Canada USA	\$5.00 per year \$7.00 per year
NOMOTC...NOTEBOOK...quarterly (see above address)	Canada USA	\$7.50 U.S.funds \$5.00
DOUBLE TALK...quarterly P.O. Box 412, Amelia Ohio 45102	Canada USA	\$6.25 U.S. funds \$5.00
TWINLINE REPORTER...quarterly 6421 Telegraph Ave, Oakland, Ca. 94629	Canada USA	\$9.00 U.S. funds \$8.00
"TWINS" Magazine (First Issue : March 1984) P.O. Box 12045, Kansas, 66212	Prints to be announced (6 issues per year)	
<u>STROLLERS</u>	Dept. for general information on local availability	
Triplet-Perrygo	1107 Broadway, Suite 1704 New York, N.Y. 10010, For outlet information	
Umbrella-Sirolee	Half-Pint, Go/Cart, Snozer Cruiser models attachment clamp - Duo Kit #186	
Gerryco	Canada - Woodward, Eatons U.S.A. - J.C. Penny	
Graco	Gerry "Carryfree" Model (USA only) attachment "twin adapter" kit Graco Inc. 12520 Grant Dr., Box 33755 Denver, Co. 80233	
Graco	Jmbroller Model Attachment - Duo Broller Kit Graco Children's Products Ltd., Customer Service, 170 Milner Ave., Scarborough, Ont. M1S 3R3	

INFANT CARRIERS

Double Cuddle & Cuddle Carrier (single)

In Canada discounts available if ordered through
Multiple Birth Resource Centre (see Appendix A)

Write for order forms.

USA Customers: Cuddle Carriers Ltd., 21 Pordan Rd.,
Unit 61, Downsview, Ont. M3N 1M3

Snug Kit to attach two carriers (USA only)
1212 Ker Gluch, Evergreen Co. 80439

The "Twin Matry"

Kidpower Unlimited Inc.
1081 Bloor St. W., Suite 300,
Toronto, Ontario
M6H 1W5

"Pampers" for preemies

Procter & Gamble Inc. Toronto, Ont.

Carters Clothes for Preemies

William Carter Co., Needham, Heights, Mass. 02194

Each year in May POMBA sponsors an annual conference for parents of multiple birth children and parents of Twins Clubs bringing everyone together for a weekend of learning and friendship.

P.O.M.B.A. is a collective member of INTERNATIONAL SOCIETY FOR
-WIN STUDIES.

PARENTS OF TRIPLETS COUNCIL (POTC)

All other products named in this booklet are generally available in the Infant or Children's Department of Department Stores or Infant Speciality Shops. Write for product names and address if not available locally.

Products and books are listed in this booklet as a service to parents. POMBA CANADA INC. does not endorse any product or literature nor is POMBA CANADA INC. responsible for the safety or availability of any product.

APPENDIX C

POMBA Parents of Multiple Births Association (P.O.M.B.A.) of Canada was founded in May 1978, and is comprised of member clubs and members

at large across Canada.

P.O.M.B.A. acts as:

1. A central source of information on twins/triplets/quads and parents of twins clubs,
2. A liaison between parents and researchers, social service agencies and educators,
3. A publisher of booklets and leaflets for parents

FOR PREEMIES
"Pampers" for preemies
Procter & Gamble Inc. Toronto, Ont.

Carters Clothes for Preemies
William Carter Co., Needham, Heights, Mass. 02194

PARENTS OF TRIPLETS COUNCIL (POTC)

1. The POT Council was established to help parents of triplets and quadruplets, primarily through the dissemination of information.
2. POT Council is a small group of volunteer parents of triplets/quads who exist within this framework as an effective communication network. We are a resource centre which exists for your benefit. Let us help, even if it only means providing direction.
3. Through our parent association, POMBA, we have and can provide extensive contacts on research and information.

SPECIAL NOTES FOR YOUR FAMILY

OPTIONAL INFORMATION FIELDS